

## CLAIMS

1. A therapeutic device comprising:  
a bop-bag having a humanoid shape;  
5 a resilient outer cover integral to the bop-bag;  
and  
an area of the resilient outer cover that is  
devoid of printing and formed to co-operate with  
marking instruments for forming a design on the area  
10 and for removing the design from the area.
2. The therapeutic device of claim 1 wherein the  
area of the resilient outer cover that is devoid of  
printing and formed to co-operate with markers for  
15 forming the design on the area and for removing the  
design includes a head section having the area suitable  
for drawing a face on the head section.
3. The therapeutic device of claim 2 further  
20 including a neck section and a torso section wherein  
the torso section is wider than either the head section  
or the neck section.
4. The therapeutic device of claim 3 wherein the  
25 area of the resilient outer cover thta is devoid of  
printing and formed to co-operate with markers for  
forming the design on the area and for removing the  
design includes the head section having the area of the  
resilient outer cover.
- 30

1055456.012802

5. The therapeutic device of claim 1 further including a base section having a weight and shape suitable for returning the therapeutic device to an upright position when deflected from an upright position.

6. The therapeutic device of claim 1 wherein the area of the resilient outer cover is formed from polyvinyl chloride.

10

10056456.012802

7. A therapeutic method comprising:  
forming a bop-bag having an outer cover; and  
forming an area on the outer cover that is devoid  
of printing and co-operative with marking instruments  
5 to form a design on the area and co-operative for  
removing the design.

8. The method of claim 7 further including  
forming the bop-bag to have a head section, a neck  
10 section, and a torso section wherein the torso section  
has a diameter that is greater than a diameter of the  
head section and a diameter of the neck section and  
forming the area on at least one of the group  
consisting of the head section, neck section, and torso  
15 section.

9. The method of claim 7 further including using  
the bop-bag for mental therapy including forming a  
design on the area on the outer cover and subsequently  
20 removing the design from the outer cover.

10. The method of claim 9 further including using  
the marking instruments for forming the design.

25 11. The method of claim 7 further including  
forming another area on the outer cover by forming the  
another area having a preprinted marking.

20250426 012302

12. A therapeutic method comprising:  
forming a bop-bag having a resilient outer cover  
in a humanoid shape; and  
forming an area of the resilient outer cover to be  
5 devoid of printing and to co-operate with marking  
instruments for forming a design on the area and for  
removing the design from the area.
13. The therapeutic method of claim 13 wherein  
10 forming the bop-bag includes forming the bop-bag having  
a head section, a neck section, and a torso section  
wherein the torso section is wider than either the head  
section or the neck section.
- 15 14. The therapeutic method of claim 13 including  
forming the area on the head section.
15. The therapeutic method of claim 12 further  
including using wet erase marking fluid for forming the  
20 design on the area.
16. The therapeutic method of claim 12 wherein  
forming the bop-bag having the resilient outer cover  
includes forming the bop-bag from polyvinyl chloride  
25 having a thickness greater than 0.20 millimeters.
17. The therapeutic method of claim 12 further  
including forming the bop-bag having a height between  
ninety-three and one hundred ten centimeters.
- 30

1055456.012802